

NURTURING MINDS MENTAL HEALTH AWARENESS WEEK

Class 7 and 8

ACTIVITY: Poster Making on Positive Affirmations

Students of Classes 7 and 8 participated in a creative poster-making activity focused on **positive affirmations**. With vibrant colors and imaginative designs, they illustrated encouraging statements that promote self-confidence, optimism, and a positive mindset.

The activity not only allowed students to express their creativity but also helped them internalize the importance of thinking positively and spreading encouragement among peers. Each poster became a reflection of hope, motivation, and mental well-being, reinforcing the values of resilience and self-belief in everyday life.



Class 11 and 12

ACTIVITY: Triumph Tales

Students of Classes 11 and 12 actively participated in a session where they shared practical techniques and strategies to cope with stress. Through personal experiences and thoughtful reflections, they discussed ways to manage academic pressure, maintain emotional balance, and develop resilience in daily life.

The session included discussions on effective time management, mindfulness practices, relaxation exercises, and positive thinking. By narrating their own coping mechanisms, the students not only inspired their peers but also created an environment of support and understanding.

This activity helped in raising awareness about the importance of mental well-being and provided practical insights for handling stress in a healthy and constructive way.

